

March 2016

	29 Kickoff meeting	1	2	3	4	5
6	<div>7</div> Fitness Challenge Kickoff! Cardio Strength & Toning- Albert Kelly, 6:30pm , Velocity Health & Fitness	8	9	10	11	12
13	<div>14</div> Let's Talk Food with Jose Juarbe, 6pm, City Hall Activity/Weight due to Team Captain.	15 Team Capt. to report numbers to Maika	16	17	18 Radio Announcement	19
20	<div>21</div> Class @ Velocity Health & Fitness- Demonstration of all classes offered & Fitness Motivation – Colby & Hope Wright 6:30pm Activity/Weight due to Team Captain.	22 Team Capt. to report numbers to Maika	23	24	25 Radio Announcement	26
27	<div>28</div> Nutrition & Healthy Habits with Melanie Harris -6pm, City Hall Activity/Weight due to Team Captain.	29 Team Capt. to report numbers to Maika	30	31		

April 2016

					1 Radio Announcement	2
3	4 WCFM, Debbie Pye - 6pm, Train Depot Activity/Weight due to Team Captain.	5 Team Capt. to report numbers to Maika	6 Radio Announcement	7 <i>Last day of the fitness challenge!</i>	8 Final Activity/Weight due to Team Captain.	9
10	11 Final Team report numbers to Maika	12	13	14	15	16
17	18	19	20	21 Winners Announced!	22	23
24	25	26	27	28	29	30

